

What is a Backache?

IT IS NATURE'S WARNING TO WOMEN

Diseases of Women's Organs Cured and
Consequent Pain Stopped by Lydia E.
Pinkham's Vegetable Compound.

"It seems as though my back would break." Women utter these words over and over again, but continue to drag along and suffer with aches in the small of the back, pain low down in the side, "bearing-down" pains, nervousness and no ambition for any task.



Miss Maude Morris

They do not realize that the back is the main spring of woman's organism, and quickly indicates by aching a diseased condition of the female organs or kidneys, and that the aches and pains will continue until the cause is removed.

Lydia E. Pinkham's Vegetable Compound has been for many years the one and only effective remedy in such cases. It speedily cures female and kidney disorders and restores the female organs to a healthy condition.

"I have suffered with female troubles for over two years, suffering intense pain each month, my back aching until it seemed as though it would break, and I felt so weak all over that I did not find strength to attend to my work but had to stay in bed a large part of the first two or three days every month. I would have sleepless nights, bad dreams and severe headaches. All this undermined my health.

"We consulted an old family physician, who advised that I try Lydia E. Pinkham's Vegetable Compound. I began taking it regularly and soon found that I could sleep and get better than I had done for months. Within two months I became regular and I no longer suffer from backache or pain. Miss Maude Morris, Sec. Ladies' Aid and Mission Society, 30 E. Hunter St., Atlanta, Ga.

Sunday School Teacher—What became of the spine that had evil spirits cast into them? Small Johnny—They were made into devil hair.

In Washington to Study Fish.
Dr. M. Mortensen, of the Zoological Museum of Copenhagen, is in Washington to study the fish in the National Museum.

With a smooth iron and Deline Starch, you can launder your shirtwaist just as well at home as the steam laundry can; it will have the proper stiffness and finish, there will be less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the iron.

BY THE WAY.

Even a stingy person is always willing to give advice.

No one is so prosperous that he can afford to malign other people.

A desire to get even has often been the keynote of a man's success.

Value of property is entirely a matter of whether somebody wants it.

There are smaller dividends in the practice of hate than in any other occupation.

It is hard to persuade a community that you are any better than your neighbors.

A man does not really get old until he begins to feel secret pride in his infirmities.

Every person imagines that his is a special case among the ills that afflict mankind in general.—Uncle Dick, in Madison Journal

Another Australian Experiment.

Suitable farming land is provided by the Australian government for groups of men and their families that will ultimately form village settlements, but they are not to be cooperative—each settler will stand or fall on his own merits. Government overseers will guide and instruct the settlers for two years, and the house erected for his use can be used as a public hall or school. Plain rations, implements, a small stock of cows, poultry, etc., roofing material, water tanks, etc., will be supplied for the first year. They will be charged as a loan and must be eventually refunded to the state.

OUTDOOR LIFE

Will Not Offset the Ill Effects of Coffee When One Cannot Digest It.

A farmer says:

"It was not from liquor or tobacco that for ten years or more I suffered from dyspepsia and stomach trouble, they were caused by the use of coffee until I got so bad I had to give up coffee entirely and almost give up eating. There were times when I could eat only boiled milk and bread, and when I went to the field to work I had to take some bread and butter along to give me strength.

"I doctored with doctors and took almost everything I could get for my stomach in the way of medicine, but if I got any better it only lasted a little while until I was almost a walking skeleton.

"One day I read an ad for Postum and told my wife I would try it, and as to the following facts I will make affidavit before any judge:

"I quit coffee entirely and used Postum in its place. I have regained my health entirely, I can eat anything I like, I have increased in weight until now I weigh more than I ever did; I have not taken any medicine for my stomach since I began using Postum. Why, I believe Postum will almost digest an iron wedge.

"My family would stick to coffee at first, but they saw the effects it had on me, and when they were feeling bad they began to use Postum, one at a time, until now we all use Postum." Name given by Postum Co., Battle Creek, Mich.

Ten days' trial of Postum in place of coffee proves the truth, an easy and pleasant way. "There's a reason."

Look in pkgs. for a copy of the famous little book, "The Road to Well-Will."



SELF FEEDER FOR HOGS.

Directions for the Building of Two Convenient Devices for the Pen.

This self-feeder should be placed on a raised space and can be made any length desired. A general plan is shown in our first illustration, says Prairie Farmer.

In building it, nail 2x4's to the floor with edges up to make the trough.

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KNIFE REPAIRING POPULAR.

Expert Cutters Exercise Great Care in the Mending of Pocket Cutlery.

Chicago men who have formed sentimental attachments for their pocket knives need no longer break the ties of years or superstition when every week sees scores of knives restored to usefulness after their owners had mourned them as broken beyond repair and about decided to throw them away. Some of the accidents overtake their favorite pieces of cutlery, says the Daily News. Expert knife repairing with the last half-dozen years has become an established branch of the cutlery work in Chicago shops and knives are sent hundreds of miles by mail or express and, neatly repaired, make quick journeys homeward to comfort their owners.

"Yes," said one of the expert cutters who repairs knives at a bench in the alley end of a narrow street cutlery shop in Clark street, "we get a good deal of this sort of work. It is not as busy all the time. Men come in with their knives to be repaired and when a blade is snapped at last some of them get so they can hardly cut. I've seen men almost cry for joy to see their old knives that they have carried so many years handed up as good as new again. Funny, isn't it, what a lot of memories will stay around an old jackknifer?"

Knife mending is almost an art. Only the best workmen are engaged in the work, which is done with great care. In most of the work the repair men seek to restore knives to the condition in which they were before the accident which brought about their sending to the repair man. Sometimes to achieve this result knives must be treated half a dozen times.

"People who have knives fixed are all cranks," said a young workman. "They've got to have everything just so. A little to much grinding on a blade and you've got to put another one in. Once I had to put five new handles on one old man's knife before I got one that suited him. He said he'd carried it 20 years and it had helped him make his fortune and he wasn't going to have it mended in its old age. It cost him 20 times its value to have the old knife fixed, but he was as tickled as a kid with a new top when the job was over."

For the ordinary citizen who does not care to have extra work done a blade may be put in a knife or a new handle put on for half a dollar or so. The particular man with ideas that his knife should be restored to its old-time condition, can accomplish his aim in that direction, but it will sometimes cost him much money. Some fees of as high as \$20 have been paid for delicate work in knife repairing and the men who paid them all declared the money well expended.

Did You Know This?

"Say, you know anything 'bout horses, hey? Dye know they'll eat pork? Well, they will, when it's fed 'em, an' they have to. The heavens stop, subsequent though they're an ill-fated sight, afterwards. Belle went right onto a meat diet, hog meat an' all cakes. Belle took on weight amazin'. Curly's thing 'bout oil cakes, though: once a boss has been fattened on 'em, an' then grows plump again, there ain't nothin' in God's world'll put flesh on a him a second time. You can try as much as you're mind to; it ain't no use."—American Magazine.

Didn't Know Her Money.

A village doctor whose most troublesome patient was an elderly woman practically on the free list, received a sound railing from her one day for not coming when summoned the night before.

"You can go and see your other patients at night," said she. "Why don't you come when I send for you? Ain't my money as good as other people's?"

"It do not know, madam," was the reply. "I never saw any of it!"—Lippincott's.

Live by the Sun.

Little spiders of certain species are carried on the backs of their female parents, in some cases for six or seven months, without taking the slightest visible nourishment. This fact has led the imaginative but learned and eminent French naturalist, M. J. H. Labrie, to conclude that the young spiders live by the absorption of solar light and heat. As he words it, "the mother heat in these young animals, instead of being released from food, might be utilized directly as the sun, source of all life, utilizes it."

THE MARKETS.

NEW YORK, July 16.

COTTON—Middling 14.50 @ 14.75

WHEAT—No. 2 Hard 1.10 @ 1.12

CORN—No. 2 60 @ 62

PORE—No. 2 17.50 @ 17.75

LAIR—Western Prime 9.10 @ 9.20

COTTON—Middling 14.50 @ 14.75

WHEAT—No. 2 Hard 1.10 @ 1.12

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